

Picatinny School News

Child, Youth and School Services

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Tips for Parents with Kids Struggling at School

There will come a time when many children struggle at school either academically, socially or emotionally. But with dedication, and lots of love, these issues can usually be resolved and your child will come out better on the other side.

If your child is having trouble with their school work it is best to step in as soon as possible and make an appointment to meet with their teacher. As well as working on any weaknesses, it's important to spend time praising your child's strengths and encourag-

ing their interests. Focusing on the positive can help build their self-esteem and make them more inclined to feel capable of progressing.

Sometimes we forget that children aren't born naturally knowing how to make friends—and our role as parents is to help guide them. Start by organizing regular playdates with another child in their class (preferably one at a time). Maybe make it a regular, weekly thing—such as 'friendship Friday'. A well-supervised playdate, with lots of

activities organized to keep them busy can help friendships blossom. Offer advice on how to make friends. Sometimes children need reminding on how to say hello and ask if they want to play on the monkey bars at recess. Build their resilience by reminding them that their friend might not always want to play, but they should try again until they succeed.

Children all mature at their own pace, but sometimes children can mature emotionally at a different pace to others

Don't Forget!

Check out the website www.Tutor.com/military for homework help! At Tutor.com, you get a professional online tutor whenever you need help. You work one-to-one with your tutor in our online classroom on your specific homework problem until it's done. This is a **FREE** service to military family members!



Month of the Military Child Events

During the month of April the Picatinny community will hold events which celebrate our youngest heroes. Listed below are a few of the upcoming activities:

April 10 – Community Ice Cream Social. We will have a bounce house along with a make your own ice cream sundae bar. Miss Amy will be face painting!! The event will last from 6:00—7:30 at Building 3156. Call (973) 724-5555 to RSVP by April 10.

April 26– Operation Megaphone Worldwide Teen Center Lock In. Youth ages 9-18 are invited to spend an evening where games, videos, arts and crafts, and many more great activities will occur. The Lock In will take place from 6pm-8am. Dinner, snacks, and breakfast will be provided. Youth must be registered with Child, Youth and School Services to participate. Call (973) 724-5555 to sign up by April 19.

Don't forget to check the CYSS homepage at www.pica.army.mil/mwr/CYS/CYShomepage.htm for a complete listing of activities in April.

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time to chat with your child about their feelings, in a non-threatening way. Many parents find it easier to chat in the car—the lack of eye contact can often make for easier confidence sharing. Remind your child that it's okay to be themselves, and offer plenty of love along with any guidance. If your child continues to struggle, perhaps some form of counseling could help.

It can be tough for children to be on their best behavior for six or so hours a day. Talk to your child about school behavioral expectations and ask them why they're struggling. Talk to them about classroom rules such as listening, raising your hand to speak and using an indoor voice. For kids with boundless, almost uncontrollable energy, it can help to organize something physical for after school.

If your child's struggling it can help to have them undergo

a few basic tests to ensure there is no underlying issues. Eye-sight and hearing should be assessed on you child. If you are worried that your child may have ADD/ADHD or another condition, it's best to seek professional advice.

If possible, it's always a good idea to volunteer at your child's school. Offer to help out with reading groups, with lunch or recess, and art. This gives you the opportunity to see your child interact in the school environment and how well they get along with others. Always be there as a non-judgmental and positive force for your child. While children do need to solve problems, they also need to know they've got you to guide them and back them up along the way. School's a learning experience and sometimes we need to take two steps forward, and often one step back. So long as children keep moving forward, that's the main thing.

Choosing A Tutor

Most parents dream of their children doing well in school, going on to college, and having a successful career. But what are parents to do when they find out that their child is falling behind? The answer for many is to provide a tutor.

When to Hire a Tutor

Hundreds of thousands of children having difficulty with a subject in school are currently being tutored in the United States for a variety of reasons:

- Many students didn't master basic skills which need to be re-taught to them;
- Some have a learning disability which poses challenges to the mastery of information and slows down progress in school;

- Others have weak organizational skills which result in difficulty keeping on schedule with studying and completing assignments;
- Some students have medical, social, emotional, behavioral, and/or family problems;
- And still others simply desire to get ahead.

Whatever the reason, tutors can both reinforce subjects that are taught in school, as well as teach students how to work independently. Students often become more self-confident after working with a tutor.


How to Choose a Tutor

1. Ask your child's teacher or other parents for recommendations.
2. Check the tutor's credentials.

****Wanted****

**Residents interested in
becoming a
Family Child Care
Provider**

**Call 973-724-7892 for
additional information**



Ask about training, experience, and references. It is important that the tutor is a certified teacher or has expertise in the subject being taught. Find out whether the person has experience working with students at your child's grade level.

3. Set clear goals for the tutoring and request a description of the tutoring plan. Whenever possible, ask your child's teacher to participate in the design of this plan so that it links to school work.

4. If possible, schedule tutoring for the times of the day when your child is ready to learn. After-school hours are the most common time for tutoring but this is also when students are tired or distracted by other activities.



Dennis B. O'Brien
Elementary

4/4 - PTA Meeting
4/12-Wear favorite Baseball Jersey Day
4/12-4th gr. Nutritional Breakfast
4/15-End of 3rd Marking Period

Copeland Middle School

4/1-PTA Meeting
4/5-8th gr. Friday Night Activity
4/12-6th gr. Friday Night Activity
4/15-End of 3rd Marking Period
4/15-5th gr. Recruitment Concert
4/25-Family Outreach Program
4/29-30 NJASK 7-8th gr.
4/30-7&8th gr. Band and Wind Ensemble Spring Concert 7:00pm

Morris Knolls High School

4/5—Deadline for regular registration for 5/4 SAT Subject Tests
4/13—MK5K Race 8:30am (@ St.Clare's Hospital, Denville)
4/13—ACT Administration
4/16-Project Graduation Meeting
4/19-End of 3rd Marking Period
4/20-Project Graduation Clothing Drive 9am-2pm
4/24-Early Dismissal (MK 12:16pm)
4/24—CCM Acuplacer Test

Math and Science Tips for Students

Here are some tips that will help students improve their performance in math and science:

1. Read the textbook the night before your class, and take notes while you read. This approach will enable you to understand far more of the teacher's lecture than if you arrive for class with no knowledge of the new material.
2. In the course of reading the textbook you will come across one or more points that you don't understand. Don't spend more than 5 minutes stuck on any particular point. Doing so will waste your time and tire your mind. Instead move on and finish the section. Sometimes the confusing part will be explained and resolved in the next sentence or two. But even if it isn't, you still should
3. Sit front and center in class. It's easier to pay attention, and harder for your mind to wander, when you're sitting in front of the teacher.
4. Stay focused. Listen carefully to your teacher for the full hour, even though the subject may not be your favorite.
5. Take notes furiously. Try to write down everything you can. Develop your own set of abbreviations to increase your note-taking speed. Some words or phrases are used repeatedly in math/science. You should have abbreviations for them.

continue on . By doing so you'll be able to finish your assignment in the minimum amount of time. You may think that, if you don't understand a particular point you won't understand anything that follows. But most of the time this is not true. Keep moving, and you'll cover more ground in less time.

To prepare for a test:

1. Make a list of the theorems, formulas and definitions in the chapter and memorize them.
2. If there's a review sheet or chapter test, be sure you know how to do all of its problems.
3. Read through your notes. Teachers tend to base their tests on the problems covered in class.
4. Go through the chapter in the textbook, section by section. Inspect each section for the different types of problems presented. Some problem types may not have been assigned or covered in the lectures. Those you can probably ignore. For the problem types that were assigned, pick a few of each and try to solve them. When you can do all of the different types of problems, you're ready.





The School Liaison Officer works in conjunction with the Child and Youth Services Division and the local school community to address educational issues involving military children. Through partnering with the local and military community, the School Liaison Officer acts as a communication link between the installation and the surrounding school districts.

For more information, contact your School Liaison Officer.

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Pros and Cons of Cell Phones in Schools by Charmayne Smith

The Center for Disease Control's 2008 Wireless Substitution report shows that one of every seven Americans place and receive most, if not all, of their calls on a wireless phone. The increase in cell phone usage has expanded into our children's schools. Many children in today's society carry a cell phone on their person to school. This increase of usage and change of demographic has created a debate in many schools.

School Emergencies

The increase of school shootings and threats has encouraged parents to allow their children to carry cell phones to school. Cell phones have successfully been used in schools to call in threats and activities to emergency officials. These calls have often saved lives and reduced the number of casualties resulting from these dangers. The video and camera features many cell phones carry have been used to provide direct feed to officials, aiding officials in safely counteracting threatening activity.

Reduced Emergency Response

While these positive benefits have helped to reduce threatening activities, many officials and parents oppose cell phones in schools. Many officials oppose this usage because cell phones have the potential to detonate real bombs with their signals. These officials also state that student cell phone usage can impede with the official's safety response by accelerating parental response to the site "during times when they may be attempting to evacuate students to another site."

Cell phones have been known to overload calling systems during crisis situations. Officials and teachers agree that student cell phone usage could block their attempts to providing crisis information and hinder action by overloading the systems with student calls.

Unethical Usage

While cell phones are known to keep students readily accessible to emergency and parental contact, they are also known for their unethical usage. Many students have used their cell phones to share answers to tests and quizzes, and to report inaccurate and

Offensive information about other students and their school. Cell phones can be distractions in the school environment, evading classroom time and reducing student's academic success.

Cell Phone Abuse

Many children found themselves to be victims of cell phone abuse. Students often use cell phones to spread rumors and misinformation. This act of misinformation has resulted in the death of several children after their private information and unsubstantiated information has been spread with the use of cell phones.

Immediate Response

Children who are responsible for making their own way home after school or have medical issues greatly benefit from the use of cell phones. Children who walk home from school are immediately able to contact their parents and inform them of their current location. Children with medical issues can use their phones to request medical attention immediately instead of trying to make it to the office to place their call.